



Grant County Health Department

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(608) 723-6416

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COMMUNITY EDITION

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Protect Yourself from Ticks

Most people have heard of Lyme Disease, an illness caused by the bite of an infected deer tick. Less common, but serious, diseases caused by infected ticks include Rocky Mountain Spotted Fever and ehrlichiosis. To protect yourself and your family, follow the following tips:

Avoid areas that have a lot of deer ticks

- Avoid wooded and bushy areas with high grass and a lot of leaf litter.
- Take extra precautions in May, June, and July when ticks are most active.

If you do enter a tick area, walk in the center of the trail to avoid contact with tall grass, brush and leaf litter.



Keep ticks off your skin

- Use insect repellent with 20%-30% DEET on exposed skin and clothing
- Permethrin is another type of repellent that kills ticks on contact. One application to clothing typically stays effective through several washings. Permethrin should not be applied directly to skin.

Wear long pants, long sleeves and long socks to keep ticks off your skin. Light colored clothing will help you spot ticks more easily. Tucking pant legs into socks or boots and tucking shirts into pants help keep ticks off the outside of clothing. If you will be outside of a long time, tape the area where your pants and socks meet to prevent ticks from crawling under your clothes.

Keep your yard tick free

- Ticks that transmit Lyme disease like to live in humid, wooded areas. They die quickly in sunny and dry environments.
- Remove leaf litter and clear tall grasses and brush around homes and at edges of lawns
- Keep playground equipment, decks and patios away from yard edges
- Stack wood neatly and in dry areas.

Keep your lawn mowed and clear of brush and leaf litter.

Check your skin each day after being outdoors, even in your own yard. If you find a tick, the best way to remove it is to grasp the tick close to the skin with tweezers and pull straight away from the skin.

Remove ticks from your clothes before going indoors. To kill ticks that you may have missed, wash your clothes with hot water and dry them using high heat for at least one hour.

Source: Centers for Disease Control and Prevention <http://www.cdc.gov/ncidod/dvbid/lyme/index.htm>

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

What is ACCESS?

Access is a website that is a quick and easy way for people who live in Wisconsin to find out if they might be able to get:

- ✓ Help with buying food
- ✓ Low- or no-cost health care
- ✓ Help with buying prescription drugs
- ✓ Home energy assistance
- ✓ Special tax credits



Your Connection to Programs for Health, Nutrition and Child Care

The website will take you about 15 minutes to use. They'll ask you about the people in your home, the money you get from a job or other places, your housing costs and a few other bills. What you tell them will stay private and secure.

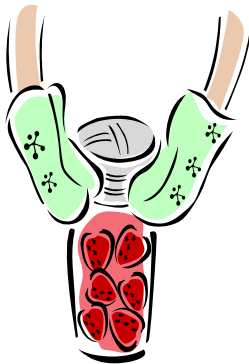
When you're finished, they'll tell you if you might be able to get help through programs like FoodShare, BadgerCare Plus, Medicaid, SeniorCare, Medicare Part D, WIC, The Emergency Food Assistance Program, and the Wisconsin Home Energy Assistance Program. If there are children in your home, we'll also look to see if they may be able to get meals at school or during the summer. And they'll look to see if you might be able to get tax credits for people with lower incomes.

Please keep in mind that this website is just a test to see if you *might* be able to get benefits. You'll have to apply for these programs to get a final decision about benefits, but the website lets you know how to do that

Ready to get started? The website is <https://access.wisconsin.gov/>

Preserve Summer's Bounty

As we enter the busy harvest season, it is the time to brush up on safe food preservation procedures.



The Grant County UW-Extension Office has a wealth of information available on freezing and canning fresh fruits and vegetables. Most of the information is also available on line at [http:// www.uwex.edu/topics/publications/](http://www.uwex.edu/topics/publications/).

Testing of pressure canner dial gauges can be done at the Extension Office. The USDA recommends checking these gauges for accuracy before use each year. Just bring the entire lid to the office, at the fairgrounds in Lancaster. It only takes a few minutes to test its accuracy.

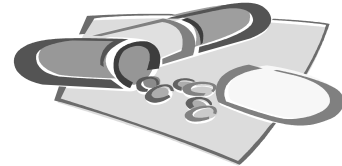
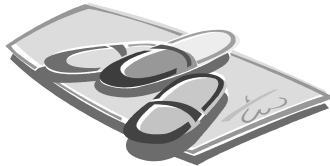
For more information on healthy eating, contact UW-Extension's Nutrition Education Program at 723-2125.



**CHANGE
OF
DATE**

Grant County Prescription Drug Round-Up

Protect our Children Protect our Environment

**CHANGE
OF
DATE****Date: JULY 28, 2010****Time: 4 PM – 7 PM****WHERE: THE TUFFLEY CENTER — 104 E. OAK Street—Boscobel****COST: Free**

The S.A.F.E Grant County Coalition , the Aging & Disability Resource Center , the Grant County Sheriff's Dept*, and the Grant County Health Department are all teaming up to help you dispose of your unused or expired household prescription drugs! Bring them to the Tuffley Center to be disposed of safely.

Improper disposal of expired or unused prescription drugs has been shown to cause damage to our environment & threatens our drinking water. Expired or unused household prescriptions are also a major concern because of the potential for misuse/abuse, & accidental poisonings of young children.

Accepting: Household prescriptions (preferably in their original containers) from the general public.

Not Accepting: Health care facilities are not eligible to participate in this event. Drugs cannot be accepted at other times or locations due to strict regulations.

Sharps, hazardous waste, and mercury will not be accepted.

For information contact the S.A.F.E Grant County at
(608) 723-1614 or www.safegrantcounty.org

*Grant County Sheriff's Department—Deputy will be onsite
for the entire round up.

S.A.F.E.
GRANT COUNTY
COALITION

Get Ready for Kindergarten!

Kindergarten is an exciting time for children and parents. It is also time for children to receive booster shots against diseases they were protected against when they were infants. The State of Wisconsin requires the following boosters for kindergarten entrance. They are:



DTaP #5
Polio #4
MMR #2
Chickenpox/Varicella #2
(Or history of disease)

The Grant County Health Department provides the immunizations for free, or check with your doctor's office. Please send the immunization dates to your child's school after receiving his/her booster shots.

Don't forget to protect younger siblings as well. Many immunizations are given before 2 years of age.

Get Ready for College!

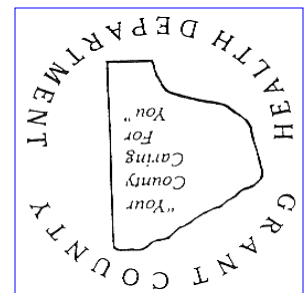
College Bound??
Get vaccinated against meningitis!

Meningococcal disease is a life threatening illness caused by bacteria that can lead to meningitis and blood infections. **Meningitis** is inflammation of the protective membranes covering the brain and spinal cord.

Anyone can get meningococcal disease. The vaccine is recommended for 11-18 year olds and college freshmen living in dormitories. College freshmen, especially those who live in dorms, have a slightly higher risk of getting the disease.



The meningococcal vaccine available protects against four out of five strains of bacteria that cause meningococcal disease in the U.S. The vaccine is free from the Grant County Health Department for 11-18 year olds. For more information call the Grant County Health Department at 723-6416.



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